**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 4 October 2024**

[Employee Assistance Programme: Health Hero](https://www.staffnet.manchester.ac.uk/news/display/?id=30128)

HealthHero are a specialist external provider of staff wellbeing and mental health support services. Support is free and anonymous.

Call 0800 358 5997 or +44 141 271 7555 (landline alternative for international and / or mobile use) to speak to an advisor.

Lines are open 24 hours a day, 7 days a week, 365 days a year – you’ll always be able to speak to someone confidentially who can help.

[Report and Support](https://www.reportandsupport.manchester.ac.uk/)

If you or someone you know has experienced or witnessed any form of bullying, harassment, discrimination, gender-based violence, hate or micro-aggressions, or have a safeguarding concern, you can report it anonymously or get support from a trained advisor.

**October celebrates:** [Breast Cancer Awareness](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV0_2P2_qBAxVzVUEAHcfICOEQFnoECDIQAQ&url=https%3A%2F%2Fbreastcancernow.org%2Fget-involved%2Fbreast-cancer-awareness-month&usg=AOvVaw2kSWaX-Kx4whUsDZJcmtDF&opi=89978449), [ADHD Awareness Month](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjE27Ok2_qBAxX5g_0HHYi6ArQQFnoECA0QAQ&url=https%3A%2F%2Fwww.adhdawarenessmonth.org%2F&usg=AOvVaw1txcHc2dhJ0gZC3etsrLAh&opi=89978449), [Blindness Awareness Month](https://nationaltoday.com/blindness-awareness-month/), [Black History Month](https://www.blackhistorymonth.org.uk/), [Sober October](https://www.gosober.org.uk/)

1-7 October [Dyspraxia Awareness Week](https://dyspraxiafoundation.org.uk/news-and-events/dyspraxia-week) (2024 theme: ‘My goal, my way’)

7-11 October [National Work Life Week](https://workingfamilies.org.uk/nationalworklifeweek/)

7-13 October [Dyslexia Awareness Week](https://www.bdadyslexia.org.uk/support-us/awareness-events) (2024 theme: ‘What’s Your Story?’)

9-15 October [Baby Loss Awareness Week](https://www.tommys.org/get-involved/campaigns/baby-loss-awareness-week#:~:text=Let%27s%20take%20time%20to%20remember,9%E2%80%9315%20October%202023).)

10 October [World Mental Health Day](https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day)

10 October [World Sight Day](https://www.sightsavers.org/world-sight-day/?gad=1&gclid=CjwKCAjwvrOpBhBdEiwAR58-3Dno2CTEYJirHTQmFpUpyZCAMbEeWyTt9Qxu5r0p4w3lCVL887ru_BoCKrEQAvD_BwE)

14-20 October [National Braille Week](https://www.awarenessdays.com/awareness-days-calendar/national-braille-week-2024/#:~:text=National%20Braille%20Week%202024%20is%20a%20week%20dedicated%20to%20celebrating,blind%20and%20visually%20impaired%20people.)

18 October [World Menopause Day](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV-MGt2vqBAxUkhf0HHZE-A4EQFnoECA4QAw&url=https%3A%2F%2Fwww.nhsemployers.org%2Fnews%2Fworld-menopause-day-18-october-2023%23%3A~%3Atext%3DWorld%2520Menopause%2520Day%2520is%2520held%2Cwellbeing%2520for%2520those%2520experiencing%2520menopause.&usg=AOvVaw20lsluTFodlxaykss5HbhT&opi=89978449)

[Action for Happiness Wellbeing Calendar: Optimistic October](https://actionforhappiness.org/sites/default/files/Oct%202024.jpg)

Actions to help you focus on what really matters.

[Colleague wellbeing support](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31698)

Access a range of free wellbeing and mental health support.

[Black History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=31802)

The Theme for Black History Month 2024 is: Reclaiming Narratives.

Events and activities coming up this October.

[Equality, Diversity and Inclusion Blog](https://blogs.manchester.ac.uk/edi/)

October is Black History Month in our EDI [Diversity Calendar](https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=72020).

Black History month is an annual celebration of the achievements made by Black people. Established in 1970 in the United States, Black History month has been celebrated in October the United Kingdom since 1987. It allows time and space to appreciate and recognise the positive contributions that Black people have made to British Society and internationally.

We have a great [EDI blog](https://blogs.manchester.ac.uk/edi/) post from 2024 cohort participants of Black Women Professors Now programme – one of the initiatives that the University takes part in, which aims to propel equity of opportunity for Black women academics, researchers and PhD students.

[Black History Month: Whitewashed Narratives of Mental Health (by DE&I)](https://69cb9.r.sp1-brevo.net/mk/mr/sh/SMJz09SDriOHUnHkHUZToIVZpGeB/2RFT3Lpa0Ieu)

Once again we find ourselves in October with Black History Month (BHM) having firmly landed in the UK. This year the theme is reclaiming narratives, marking a significant shift towards recognising and correcting the narratives of Black history and culture.

With this in mind, the Equality Leaders team wanted to focus specifically on racialised communities and their lived experience of mental health support. People from ethnic minority communities are more likely to experience a mental health problem, less likely to receive support, and have poorer outcomes from services.

[Observing religious awareness days in October and November](https://www.staffnet.manchester.ac.uk/news/display/?id=31761)

Upcoming religious celebrations this autumn.

[World Mental Health Day – Thursday 10 October 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=31809)

Sign up for World Mental Health Day webinar.

**World Mental Health Day Run Organised by SEED**

Thursday 10th October 2024, 12:30 (meet outside HBS)

Next Thursday is World Mental Health Day and the theme this year is ‘Workplace Wellbeing’.

As one of the Wellbeing Champions within SEED, Jade Fawcett is organising a 20-30 minute lunchtime run next Thursday.

[Free Resources and Graphics to Support World Mental Health Day From Mental Health Foundation](https://mailchi.mp/538a0c4ace74/world-mental-health-day-10-october-1968136?e=54249da799)

**World Mental Health Day** is on **10 October**. This year’s theme is **workplace mental health**. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities. You can get involved and help show everyone that mental health matters. We have created **free resources and graphics** that you can use and share to mark the day!

[Umind Webinar on World Mental Health Day: ‘Crafting workplaces where mental health can flourish’](https://urldefense.com/v3/__https%3A/resources.unmind.com/e/990602/8460-WN-2XtqlImcTHavLRlEn7OUZg/46kw67/928630521/h/r--Ldl1o3g1En-TpIechje-jeRcrbWsH679Xv6Chph4__;!!PDiH4ENfjr2_Jw!HQI5iIHQzow1Czn61RGLnZr28G8b5lyDzqupHGqrjNiMDJO-Kr-nZRFTR_mUv66L14LJqAzv1xK5mRqJhK7yyptPi5Q$)

Feeling overwhelmed? You’re not alone. With mounting work pressures, tech overload, and nonstop connectivity, employee mental health is at risk. But it doesn’t have to be this way.

Join us on October 10th for our World Mental Health Day webinar: ‘Crafting workplaces where mental health can flourish.’ Discover how to make mental health and wellbeing a priority, foster resilience, and create a supportive environment where your team can truly flourish.

[Healthy Minds Greater Manchester Online Course](https://www.rsph.org.uk/our-services/e-learning/courses/wellbeing-online-courses/healthy-minds-greater-manchester-elearning.html)

The Royal Society for Public Health is excited to offer a new online course for anyone living or working in Greater Manchester.

[Join Our Toilet Door Campaign – Mental Health Charter](https://mentalhealth-charter.co.uk/toilet-door-campaign-1)

**Mental Health Awareness Day – 10th October 2024**

World Mental Health is on the 10th October and this year's theme is ‘It is time to prioritise mental health in the workplace’. We have launched our brand new campaign to spread awareness. You can join the campaign and it's FREE to join!

We all know that speaking to someone about something that is worrying us, finding the information, and support we need can help us before a situation gets worse.

Colleagues would like this information on the back of toilet doors because this is somewhere they can take down the information they need in private.

With this in mind, our mental health posters have been designed so you can print and stick up on the back of toilet doors across the UK in our #ToiletDoorCampaign.

[Greater Manchester Moving](https://www.gmmoving.co.uk/commitments/whole-system/mental-health/)

A key GM Moving priority is to embed physical activity as a tool to help improve mental health. A focus on mental wellbeing is key for the whole population. Walking has a whole range of benefits, not just for physical health but for mental health and wellbeing too!

Walking and wheeling helps us connect with nature, each other, and ourselves, so whatever your reason for going on a walk just know it’s doing you and the planet a whole lot of good.

[Mind’s Mental Health and Physical Activity Toolkit](https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/resources/mental-health-and-physical-activity-toolkit/)

Our Mental Health and Physical Activity Toolkit aims to increase the number of sport, physical activity and mental health providers who are equipped with the knowledge and skills to support and engage people experiencing mental health problems in physical activity.

The toolkit is made up of a variety of guides. Each one provides guidance, tools, templates and good practice case studies to help organisations provide an inclusive and welcoming environment for people experiencing mental health problems to be physically active.

[5 steps to mental wellbeing – NHS](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/)

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

**UoM Women’s Speaking Club – Empower Your Voice**

Women@manchester will be holding its first Women’s Speaking Club on Thursday 3rd October 2024, with more workshops to follow. This is a space to grow, share, and have fun together. We are excited to see you there!  If you have any questions, please feel free to reach out to us directly at womensnetwork@manchester.ac.uk.

[World Suicide Prevention Day Article (10 September 2024)](https://www.staffnet.manchester.ac.uk/news/display/?id=31741)

Raising awareness of suicide and supporting those affected by it – catch up on the World Suicide

Prevention Day article.

[Language matters: Everyday phrases](https://urldefense.com/v3/__https%3A/ripl-zcmp.maillist-manage.eu/click/11493cb168ce8122/11493cb168ce766c__;!!PDiH4ENfjr2_Jw!HRb68qmSFiWVdQSWaxI8zQU1k-1yQp3tAYMQYpuh3yZWiOQA6vxf981NrDZACkHeFOzAFJid48NF0SzXbvh2ZgpEsikVv_4nIxkRbRg$)

Have you ever thought about how everyday terms and phrases might impact someone who has been bereaved by suicide? Alice Hendy MBE shares her personal experience and reminds us why we need to be mindful of the language we use.

**On Campus Student-Led Health Screening Clinics**

As part of the pharmacy undergraduate curriculum, Year 3 pharmacy students will be running health screening clinics on campus. These clinics are free and open to all staff and students.

The health screening check will involve measuring your blood pressure, height and weight. These measurements are then used to find out your heart age using an NHS evidence-based tool and your diabetes risk using the Diabetes UK ' Know Your Risk' tool (students will assess suitability for entering your data into these tools). The students will then go through these outcomes with you.

The health screening clinics will run 1:30pm-3:30pm on the dates specified below. There is no need to book – just pop over to G.66 Wellbeing Rooms, Simon Building on any of the dates below:

**Semester 1: 2024**

Week 3 – Wed 9th Oct 1.30-3.30pm

Week 7 – Wed 6th Nov 1.30-3.30pm

Week 8 – Wed 13th Nov 1.30-3.30pm

Please contact Harsha or Sarah (Co-leads for MPharm Prescribing Skills) via email if you have any questions (harsha.parmar@manchester.ac.uk or [sarah.knighton@manchester.ac.uk](http://sarah.knighton@manchester.ac.uk/?utm_source=FbmhAnnouncements&utm_campaign=FbmhAnnouncements&utm_medium=daily_digest)).

[University becomes an Endometriosis Friendly Employer](https://www.staffnet.manchester.ac.uk/news/display/?id=31774)

University helps break taboos by becoming an Endometriosis Friendly Employer.

[Endometriosis UK Free Webinar: Endometriosis and Mindful Practical Cycle Awareness](https://www.endometriosis-uk.org/civicrm/event/info?reset=1&id=1012)

Thursday 10th October 2024, 12:00-13:00

Join us and guest speaker Kate Shepherd Cohen, an award-winning menstrual health pioneer and Founder and CEO of health tech [Menstrual Cycle Support](http://www.menstrualcyclesupport.com/) as we discuss Mindful Practical Cycle awareness, and how it can help you to understand your menstrual cycle to help to manage period pain and ease menstrual suffering, benefitting the way we work, study and live.

[Bi-Visibility Day](https://www.staffnet.manchester.ac.uk/news/display/?id=31773)

Bi-Visibility Day on Monday, 23rd September has been marked nationally since 1999 and the University has supported the day since 2012.  Bi-Visibility Day is a call for the bisexual community and their allies to recognise and celebrate bisexuality, bisexual history, community and culture, and all the bisexual people in their lives.

[Workplace Wellbeing Training Programme](https://www.staffnet.manchester.ac.uk/news/display/?id=31526)

Spaces available on the Workplace Wellbeing Training Programme for Line Managers. We have

courses running until December 2024. Please note there are limited spaces available, please register promptly to secure a space.

[Counselling and Mental Health Service FREE sessions for staff](https://www.counsellingservice.manchester.ac.uk/workshops/)

The Counselling and Mental Health Service are running a series of free sessions for staff – view the full programme here.

[Safety app goes live across Manchester](https://urldefense.com/v3/__https%3A/lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lm1hbmNoZXN0ZXIuZ292LnVrL25ld3MvYXJ0aWNsZS85NTI5L2dhbWVfY2hhbmdpbmdfc2FmZXR5X2FwcF90b19sYXVuY2hfaW5fbWFuY2hlc3Rlcj91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0iLCJidWxsZXRpbl9pZCI6IjIwMjQwOTI3LjEwMzUyODEifQ.RHywAZR7Ow1LNg3qau7jEkrnRcAf3SIb08zRlO4Xc40/s/2383084771/br/249927179156-l__;!!PDiH4ENfjr2_Jw!GkjDpY6s4hRLKimrNc5Q4KnH5TDStpF0-iuxx6NHrI5GfftBAI5lUMiKdWgsM0_yh7KohsNGMQCHE9ZGxp0HuvU90aPO4uhbdLmz2jIOuhVNF3HVpNGj$)

For too many people the journey home after a night out can be the unwanted source of fear or anxiety.

That is why in Manchester the WalkSafe App has now gone live – a game-changing way to help people get home, highlight safe routes of travel, or get assistance should they need it.

Free to download and use this app is just another way in which the Council is working to make the city, following on from the [successful implementation of the Women's Night Time Safety Charter](https://urldefense.com/v3/__https%3A/lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lm1hbmNoZXN0ZXIuZ292LnVrL2luZm8vMTAwMDA0L3RoZV9jb3VuY2lsX2FuZF9kZW1vY3JhY3kvODQxNi93b21lbnNfbmlnaHQtdGltZV9zYWZldHlfY2hhcnRlcj91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0iLCJidWxsZXRpbl9pZCI6IjIwMjQwOTI3LjEwMzUyODEifQ.4F1YtfFAXDSJgBRGkep-8M58VJhRe2YKMA3dJhhpsLQ/s/2383084771/br/249927179156-l__;!!PDiH4ENfjr2_Jw!GkjDpY6s4hRLKimrNc5Q4KnH5TDStpF0-iuxx6NHrI5GfftBAI5lUMiKdWgsM0_yh7KohsNGMQCHE9ZGxp0HuvU90aPO4uhbdLmz2jIOuhVNFx6DQGnF$).

**Active Travel**

16th October 2024, 08:15-09:30 at Café 65, AMBS Ground floor

Free breakfast to encourage staff to walk, wheel, cycle or run to campus. For more information and to book [click here](https://forms.office.com/e/JaNQrazcaU) and for the Dr Bike Session [click here](https://calendar.google.com/calendar/u/0/appointments/schedules/AcZssZ2apGrZl8lPi_tQqaEhSJThhA-1_vj_7JYbTtpYtUUaETzDClwWW1_zhvnd_45GHeWtBu9BBgIf).

[Reflexology Talk and Workshop](https://www.sport.manchester.ac.uk/2024/09/19/reflexology-talk-and-workshop/)

Wednesday 16th October, 13:00-14:00 at the Wellbeing Studios, Simon Building, G66

Free event to celebrate World Reflexology Week, 2024 (booking required).

[Active Manchester 2024-2025](https://www.sport.manchester.ac.uk/2024/09/20/active-manchester-new-fitness-classes-24-25/)

New additions to our October 1st semester group exercise sessions, plus great value for money with

our annual membership 60+ classes a week and gym all for as little as £2.50 a week.

[Sporticipate](https://www.sport.manchester.ac.uk/sport-and-activity/sporticipate/)

Sporticipate is a beginner-level recreational sport / activity programme for all students and staff. We offer a variety of FREE sessions ranging from Team Sports, Individual Sports, Martial arts, fitness and more! These are led by session leaders who aim to create a positive and inclusive environment.

Stay active, stay connected – it’s all just a click away!

**Mobilates (accessible Pilates based seated (or standing) exercise)**

We are so delighted to let you know that the Sport Office have worked hard to enable Mobilates to become part of their membership so that you still have accessible exercise with us available to you.

So Mobilates will be starting again on **Tuesday 1st October at 12pm** until Christmas. At which point, if it is popular, they will continue us from January.

Bookings will go live 8 days before a class, so please do make sure you book yourself in here choosing Wellbeing Studios:

<https://sportonline.manchester.ac.uk/LhWeb/en/Public/Bookings>

Options for memberships including a year's membership for £100 can be found here:

<https://www.sport.manchester.ac.uk/sport-and-activity/fitness-classes-2/>

**Language Café is back!**

Wednesday 30th October, 12:00-14:00 at Lime Café, Sam Alex Building lower ground floor

Sessions will be held on the last Wednesday of each month going forward so keep an eye out on our [Instagram](https://instagram.com/uomsalcstudents/) for updates.

*As a reminder, Language Café is a relaxed space for anyone who speaks or is learning a language, including English, to come along and practice their speaking and listening skills with fellow learners. Staff and students are all welcome. There’s no obligation to stay for the full session as people are free to come and go any time during the event. There will also be vouchers for a free drink or snack which you can get from the Lime Café to enjoy while you chat!*

[Cruse Bereavement Support: Free Online Compassionate Communities – Grief Training](https://www.cruse.org.uk/online-community-grief-training/)

Cruse are working in partnership with Co-op to deliver a bespoke one-hour training workshop on

death, grief and bereavement (running until 5th November 2024). The session will discuss:

* Understanding why people grieve differently.
* Explore the impact of grief.
* Increased compassion and confidence.
* Learn how to support others in grief.

[The Manchester Christmas Dinner – volunteers needed](https://www.staffnet.manchester.ac.uk/news/display/?id=31800)

Volunteers needed to get involved in The Manchester Christmas Dinner Steering Group.

[Book club – October meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=31739)

Next meeting Friday 25th October, 12:30-1:30. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is Butter by Asako Yuzuki. We will also recap The Invisible Women’s Club by Helen Paris.

Why not head over to our [Viva Engage](https://web.yammer.com/main/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQiOiI1NzU0NzAxNDE0NCJ9/all) (Yammer) group for more reading inspiration!

Contact fiona.lynch@manchester.ac.uk if you would like the Zoom link.

[What’s On at Jodrell Bank](https://www.jodrellbank.net/visit/whats-on/)

Jodrell Bank is situated in the heart of Cheshire. It’s a stunning green site surrounded by farmland

and with an abundance of wildlife. There are four Pavilions to discover, alongside a range of outdoor exhibits and pathways to explore. You’ll also find two cafés and a gift shop.

[October Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01GSX0TG770580KD2253SW5Q7D&k=37fc225d3988f0fbdbb612bf07b618df&m=01J928G3PBP0WPD2DP92ZW5D6C&r=3nVKn3ag)

Diwali is one of the undoubted highlights of the Museum calendar – a joyous celebration full of vibrancy, colour and life. Last year, our Main Hall was transformed into a bouncing dancefloor so we can’t wait to see what this year has in store. Check out what else is happening at Manchester Museum in October.

[Events at The Whitworth](https://www.eventbrite.co.uk/o/the-whitworth-6805885025)

* Thursday 17 October 2024, 17:00-19:00 (£5, booking required) – World Menopause Day 2024: Create and Debate.
* Friday 18 October 2024, 13:00-16:00 (free, booking required) – Creative Menopause: World Menopause Day 2024.
* Sunday 20 October 2024, 13:30-16:00 (free, booking required) – Still Parents October Workshop.
* Thursday 24 October 2024, 18:00-20:00 (free, booking required) – Gathering of Strangers: Why Museums Matter.

[What’s on at Central Library](https://librarylive.co.uk/)

From film nights and gigs to author readings and talks, Library Live features a real assortment of

events, blending the traditional with the unconventional. With big open doors, lots of free events and many different spaces to explore, Library Live is for everyone.

[Free Self-Guided Audio Tour of the Manchester Central Library](https://www.manchester.gov.uk/news/article/9526/free_self-guided_audio_tour_of_the_manchester_central_library)

Manchester Central Library has launched a free self-guided audio tour of the library to coincide with the celebrations for its 90th Anniversary year. The audio tour invites members of the public to journey across every floor of the library and discover secrets from its 90-year history, as well as its vibrant present use.

[Henpicked’s Preparing for World Menopause Day](https://mailchi.mp/menopauseintheworkplace/menstruationemploymentlaw-5june-2083288?e=b246dc1610)

Friday 18th October 2024

Top tips for celebrating at work.

[Happy Menopause Awareness Month from Henpicked!](https://mailchi.mp/3332ea3e6f7f/lunchlearn-13405317?e=b246dc1610)

While we talk about menopause every day, we believe this year is set to be the most exciting yet for raising awareness and taking it further and wider than ever before.

As always, we're passionate about helping women thrive during menopause, and this month we've put together an amazing series of Lunch & Learns just for you! With a packed programme, there's truly something for everyone.

And don't forget, our sessions are always FREE—no paywall, just expert advice and top tips to help you on your journey.

The Henpicked Menopause Hub is packed with articles, Podcasts and the recordings of all our past Lunch & Learns.  [Check it out here](https://henpicked.net/menopause-hub/). We hope you find them as valuable as ever.

Enjoy the sessions and here’s to an exciting Menopause Awareness Month!

[Action for Happiness Forthcoming Webinar: Mindset & Relationships with David Robson](https://actionforhappiness.org/mindset-relationships)

Tuesday 15 October 2024, 19:00-20:00 (optional donation)

At this event, science writer [David Robson](https://davidrobson.me/) will share ground-breaking research on how our mindset shapes every aspect of our lives, revealing how your brain holds the keys to unlocking a better you.

*For example, did you know that taking a placebo can improve your health, even when you know it's a placebo? Or that your attitude to ageing can influence how long you live?*

[Action for Happiness Webinar Replay: Inner Freedom with Dr Emma Seppälä](https://youtu.be/fzd4bWM1ZkA)

At this special event, psychologist Dr Emma Seppälä will explain how you can reclaim your full *psychological sovereignty*to live a free, happy, and authentic life. It's a new and radical message, made for this age of suffering and confusion. Emma will explore how we undermine ourselves with self-destructive beliefs and tendencies. And she'll provide share fresh, science-backed ways to help you break out of these unhelpful patterns. This conversation was recorded at a live Action for Happiness event on 24 September 2024.

[Choose Kindness by Steve Nestor (Learning and Development Consultant at Raise the Bar)](https://raisethebar.co.uk/choose-kindness/)

Choose kindness: it might be the most powerful thing you do all day.

[Manchester Science Festival](https://tracking.wordfly.com/view?sid=MTEyNl8xMjcxN183MjAyNTlfNzE0Mg&utm_source=wordfly&utm_medium=email&utm_campaign=MPN%3AMSFProgrammeAnnouncement_11.09.24&utm_content=version_A&sourceNumber=52319)

**Friday 18 – Sunday 27 October 2024**

The Manchester Science Festival programme is finally here. Get ready to explore the extremes of nature, human capability and creativity across 10 days of WOW moments.

[Join our iNaturalist campus project: Biodversity On Campus](https://blogs.manchester.ac.uk/bmh-sr/2024/02/01/3469/)

We have now created a University biodiversity project on Naturalist, a free, easy to use app where users can record and identify various plant and animal species.

The app allows you to upload photos of the wildlife (including garden plants/trees) you see and to discover the types of wildlife you are observing. You can also explore sightings that others in the community have uploaded, helping them to verify any species they observed.

Join our campus project on the iNaturalist app (google play, app store or access via the web) to take your observations anytime, anywhere you are. We have also created a how-to guide, full of useful tips and diagrams to help you navigate the app and get started recording your observations.

[New UoM Eco-Booklet for 2024-25: Eco For All](https://documents.manchester.ac.uk/display.aspx?DocID=44432)

Thanks to Harriet Bickley for sharing this booklet with us. Some of the new features included this year are:

* The Manchester Library of Things Borrowing scheme
* Paint donations
* Lab goods for reuse
* Disposable vape recycling
* Digital clean-up tips
* Food growing projects, e.g. at The Firs
* Jogging buddies

[‘If Stones Could Talk’: A Historical Walking Tour of Manchester's Stone](https://www.eventbrite.co.uk/e/if-stones-could-talk-a-historical-walking-tour-of-manchesters-stone-tickets-710310787687)

A two-hour walking tour on the history of Manchester from another angle. Come with us to explore the stone and brick that makes up the city! A fee is applicable.

[Salford Walking Festival 2024](https://www.visitsalford.info/media/0fmdblzw/salford-walking-festival-2024.pdf)

Over 40 autumn walks in Salford – exciting walks for all abilities.

[Manchester Library of Things (MCRLOT) Opens](https://mcrlot.com/)

Your local community shed: full of things you need, but don’t want to buy. Plus, volunteering opportunities available.

[We’re Repairing and Reusing](https://www.manchesterclimate.com/zerocarbon/repair-and-reuse)

Our city is stepping up to tackle climate change – by repairing and reusing instead of throwing away.

[Cyclescheme Open Webinar – join us to find out all things Cyclescheme](https://blackhawknetwork.zoom.us/webinar/register/WN_Hdj1cKFkTUaaXbOaRr9mTg#/registration)

Perhaps you’ve heard about the cycle to work scheme and you’d like to find out more about it before you apply? Every month we host this live webinar covering the basics of Cyclescheme and the many benefits of cycling to work. The next webinar is on **Thursday 10 October 2024, 11:30 am**.

[Transport for Greater Manchester: Learn To Ride Or Fix Your Bike](https://beeactive.tfgm.com/cycling/courses-and-bike-maintenance/)

Cheaper than the car, faster than your feet: we’ve opened up cycling courses to more people living

or working in Greater Manchester. Learn for the first time. Build your confidence. Drive safely around cyclists. Whatever you’re looking to learn, we’ve got a course to fit.

[Transport for Greater Manchester: Help while travelling](https://tfgm.com/accessibility/help)

There are lots of tools and tips to help you travel safely across Greater Manchester have a look at our sections below for more information.

[Seasoned pro or fresh newbie, you are personally invited to enter the Happiful Poetry Prize 2025](https://happiful.com/poetry-prize?utm_source=happiful_newsletter&utm_medium=email&utm_campaign=2024_week_37_pp)

Launched in the autumn of 2023, the aim of the prize was to celebrate mental health and wellbeing writing of the highest standard. In our first year, we received more than 400 entries of outstanding quality – many of which were from writers who were new to poetry, some of whom sent us the first poem they had ever written.

Now, we're back again. We’re looking for poems that explore the topic of mental health and wellbeing in unique, engaging, and empowering ways. The competition is free to enter, and no prior experience is necessary; the only thing we require is a passion for writing.

The best writers are great readers, so use our poetry prize hub to discover interviews with previous winners and runners-up, plus tips for getting started.

[Happiful Magazine – Issue 90](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEsj4kbTjA8zmpeLAV01DyGlpvSWK8roJEkh5F-2FOav3hjbWyUeBo3W8rwKCVO1kqPb4MU0DhGRoy-2FNWIfaFHEmD2l7Pfla5Fgj58CmhNdxEVuZ1IQu5EGdSMJmQbIz-2BuSpEkhNhtZcqjVJMrQOuEkw-2BtzvJ-2BgPI3hqyibj0HdeQZQ-3D-3DXR2q_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMXSEQFSgHrYkrr4SuoiUWhSDoQU0RlDRXNPPrdogObmpsrWJ42KYXqhDA6tf2QIWV3SVEjhhiyPE7KLx5djvoSFvWrJqdhWDGO8AH7WQF25elVfE-2FZUQOTAKuWUqD-2Bd-2FBEBno5RpX2hSOYqwSblBBZC598irJ6w-2B36lX0gKVsSYKy3ESXcCBCP-2BVVyXLPVaBUuD063f4BDSlI-2F71jl4tPWv0lN1w3ihrO4odcVTpzZh2-2FrNhPG9tZQ48koShQu2rp1LXsYtkxmmxVZ-2FikB8076TDS81QkGfrHPFxWhLDisLMK1aI1Bll4tkWgI82Vi4YKdvI5PcQENo0UBopArYGJ6BnMhq0z9gOEX0rIAd1JaNeljWWUNupyxsNYa1IZ-2BNhkonnuMYrr8bmA0lXxIIPSZJ1yoLuiy8goUR7CwHQaKMOVYfxNjGhVk9ypZYKdzHah3P8STz2YuGD9DDk0zYIK6gYM4HfTj-2FuR3EsFbtg9UXt5TkgiYgdvP-2B-2F0SCG5FqGrdSt0kQXlMeaKzrK-2BirisGdA5CYBW82JmvTviZOGkKQIVp2pXQn1uDym6JXe-2BkCMh4pebzz7uirW19teg3O2fpjOtzwdFHveu5HpStMO7DyEhjJPXVYrVKis4t5BMMiGiQ2UaJV0tBgihiFIAKqppbWlG3ZFJuavDgPtNdnS5tMYXKteEh5gUZQqeW-2BR8mt07tjiWDsJEUhgojjTgeMKnSx82ZFb2b9g1oFQUZGwScixO2koHvEWPpkExdDiPmsHMykjZkwLpLF3Xk-2BnV9oXcQw0ZSahetB4NqwS97DvESlCt-2B0KyfNzzsloez6TMWOPojb4b-2FB2FWDfme5utdunx5T4HrIJEI-2FbF-2FJAviCAAw7aet6QLU7ECmEoTcNmjrQqPmTXd084o9vOVXfVBdFWweRWnkbLjw4XGvQp6l1fvxq-2BVkJwwEDz-2FyuR65Q-2FGvlDaU-3D__;!!PDiH4ENfjr2_Jw!EAXOF2fvy_wYM0to81wfSFwCDjS7hQZgI_QoAseyXUk9dCYc6c9ZoRIQvDp3Sec-1PriaDiEKNPRySviBAb5kV1IHMRT3Q$)

* What can the Welsh concept of ‘hiraeth’ teach us about homesickness?
* How to overcome a ‘fear of switching off’
* Tips for adopting a more flexible mindset
* The Happiful Poetry Prize returns, and you’re invited to take part
* How to help kids overcome school anxiety
* We explore the emotional impact of hair loss

[Happiful’s The Uplift Weekly Magazine (27/09/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyNjIyMTYyNHxLeUE4cEIzY2Rqdm1aZGRfcnlPX0UtRmlRcDdFR1ZiWFNWT0dDSFcwbVUzQlZJalRWZXhNc1M3WFV3aDIySDFtYTc0UmY3QTBrN2dwMUhkOXNMZUZuR3lZbk9TTDV3UU9STnlwMzVBb0xiYWZaaENfUVRxUVBLZjYtTF9ZUlZPc3pFQWFHbzQwZ3EzcU9HeEROWTQ0Y2VYenY2MnYtSWVNTmd0bXRxMmRuMmpfLWpoRFlsczZRMTJmdkJ1TTRZVy1raVNhdi1nV1c2V3BveFRWbXkzUlZ2RWp0QVhHMGV4Z05oR0MxRGJMcHFUTFJBeTBwSHZuRnU3SjBha1UtMVZIV29zNUhteWxUTGNaWVdHMTlEd3o5RzRUYk9oVGlBTWtmMExaTEx2M2JFS0Y4ZzZXajZ1bTdOMTdXd3hSdjh0cVl2akVRZWZDdnZxa3zfEyaHUH0c2585_EnpoNyxWIcRrpCnc4z6ccyK-prvEg%3D%3D)

50 questions to build emotional security:

* 50 Questions
* Try Beditation
* Money On Your Mind
* Quick Cooks

[Happiful’s The Uplift Weekly Magazine (13/09/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyNjIyMTYyNHxLeUE4cEIzY2Rqdm1aZGRfcnlPX0UtRmlRcDdFR1ZiWFNWT0dDSFcwbVUzQlZJalRWZXhNc1M3WFV3aDIySDFtYTc0UmY3QTBrN2dwMUhkOXNMZUZuR3lZbk9TTDV3UU9STnlwMzVBb0xiYWZaaENfUVRxUVBLZjYtTF9ZUlZPc3pFQWFHbzQwZ3EzcU9HeEROWTQ0Y2VYenY2MnYtSWVNTmd0bXRxMmRuMmpfLWpoRFlsczZRMTJmdkJ1TTRZVy1raVNhdi1nV1c2V3BveFRWbXkzUlZ2RWp0QVhHMGV4Z05oR0MxRGJMcHFUTFJBeTBwSHZuRnU3SjBha1UtMVZIV29zNUhteWxUTGNaWVdHMTlEd3o5RzRUYk9oVGlBTWtmMExaTEx2M2JFS0Y4ZzZXajZ1bTdOMTdXd3hSdjh0cVl2akVRZWZDdnZxa3zfEyaHUH0c2585_EnpoNyxWIcRrpCnc4z6ccyK-prvEg%3D%3D)

How to overcome end-of-summer blues:

* Autumn Anxiety
* Boost Intimacy
* Slowing Down
* Writing Poems

[Happiful’s The Uplift Weekly Magazine (30/08/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyNTAxMjAzMnxyWHNaSWhzXzJ3TldHT2RLSU9iVFllbjJBblNzVjBtQ2hKVHQ3N1h5M1JId2NhT0VXem1tNlNXamJDV1hVS0NCUnBuNjZvbW0tYTRtOWZ1b0EyazlSMmFCYXZINUViNy1KS3k3RklDbkdGYm4xcVFxR3Q1VmhyMnIwbFVQc1F1aXBKcVEyLW10eTVEYTJlcXp3Wi1xLWFfcXd6WTJUbUMzRDAwYVFmSk1jakdIcGtpdnVsclZUM2xyS2Y0UmtRNG9qNGJLTzluSmdGa2l6cERxcmtvV0JxNDByajE1T2lZVXdXdGtsOEwxZzdfb1MzNTdDeVBsRXdQNVlWeWFrZEFZaXUxNXFzOF92bW9tRjBwYmtMbTlEYndyMWlJYmRUd1MzSGtoV29CMVNmVmdmN2E1alRXcDVWOENCaEtneWF6WjBVSHpnaGpsZDZZeXzBv6fOKijSwmkorBmI3qo8mVVlVf9oWGJwkfJv_wGFiA%3D%3D)

What is the underconsumption core trend?

* Breathing Techniques
* Underconsumption Core
* Grief & Guilt
* Sleep Better

[Have a growing space and friends or neighbours who want to grow together?](https://orlo.uk/DMJKX)

Growing Manchester can help groups and organisations already involved in food growing and gardening. As well as those that want to start.

They offer free support to set up a community food-growing project and workshops on practical growing skills. As well as site assessments, advice on soil conditions and soil contamination.

They can even help groups to engage the wider community, get volunteers and apply for funding.

It’s run by [Sow the City](https://www.linkedin.com/company/sow-the-city/) and supports 150 food growing projects across Manchester. There are projects of all sizes across the city – from groups of neighbours greening alleyways to large-scale market gardens, growing food for sale and hospitals growing food for patients.

Applications are open now. You’ll need at least five people, permission from the landowner to grow fruit and vegetables and to be in the Manchester City Council area.

**RSPB Notes on Nature**

* [Autumn special: six wonders to see now](https://view.email.rspb.org.uk/?vawpToken=3EQWGN5CJKCEFFDLGB3WDS3LSI.40145) (28/09/2024)
* [Time to enjoy autumn’s rich harvest](https://view.email.rspb.org.uk/?vawpToken=GDFNG4QOZITE3IFV4X3CEAZEOA.40141) (14/09/2024)
* [Don't miss these seven birds!](https://view.email.rspb.org.uk/?qs=1ea09a7466cc9fc705a6ff5bed4a895eef75081ed7eee4eb92ed82429fa66c249c6c4ae7817ed19a748602c7eeb2e43cb6129510541999766447b7670572e7aeddecb36e0721b6f7969be14a1c8f2326274722281f86f9bf) (31/08/2024)

[Staff Benefits – Staff Association](https://documents.manchester.ac.uk/protected/display.aspx?DocID=71383) and [UMSA Membership Form (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad1ko04R2JSVPkWHoBpF-r3lUNkNYQlRUSFMySkdDREdZOUxQN1pZVUFFUi4u&origin=Invitation&channel=1)

We organise lots of exciting events and trips such as:

* Discounted theatre tickets in the stalls e.g. Aladdin £19 / Disney on Ice £30 / Blackpool Illuminations and Fireworks £8. (coach return). Christmas at Chatsworth House / Tatton Park Flower Show / Alton Towers / Warner Bros Studio Tour / Manchester City & United Football Club Tour and [The Brit Fest Cheshire](https://thebritfest.co.uk/) to name a few.
* You also have access to a designated lounge for members in the Simon Building, with comfortable chairs, a dining kitchen area, pool table, darts board and TV.

You can access these benefits for £2 per month (taken directly out of your salary) – please find the link for further information or email me directly sarah.wilkinson-2@manchester.ac.uk or UMSA@manchester.ac.uk

[Events at Blackwell’s Manchester](https://www.eventbrite.co.uk/o/blackwells-manchester-11315868456)

Blackwell's Bookshop has been serving the needs of academics, students, and book lovers since
1879. **Special Offer** – UoM staff can receive a 50% discount on any ticket purchases. Please use code XUOMSTAFF at checkout.

[Hobbycraft Workshops](https://classbento.co.uk/hobbycraft/home)

Join us in store or online to learn new crafts and try your hand at fun techniques.

**Other relevant newsletters:**

[Health Hero – October 2024](https://wellbeing.hub.healthhero.com/page/october-2024)

[Love Food, Hate Waste – September 2024](https://mailchi.mp/22ba097ecfe5/hello-from-love-food-hate-waste-13242?e=3de440c03b)

[GM Green City Newsletter – September 2024](https://mailchi.mp/greatermanchester-ca/lnrsmar24-12817756?e=f80d40a87e)

[Manchester City Council News Stories](https://www.manchester.gov.uk/news)

[Your DE&I Business and Lifestyle Brief – October 2024](https://69cb9.r.sp1-brevo.net/mk/mr/sh/SMJz09SDriOHUnHkHUZToIVZpGeB/2RFT3Lpa0Ieu)

[Sustainable Futures Monthly Newsletter – October 2024](https://urldefense.com/v3/__https%3A/mailchi.mp/manchester/sustainablefuturessept-6743390?e=6f183721c1__;!!PDiH4ENfjr2_Jw!H6KZgk67e2-afSqzmGxK1EmdKKIuem_ESKr3lzJ18TYS5RefKBxVY11i7rMfPXxTpaiE-FWA9hlg5_K_wIZrCntZ4Vhlh17YXBeWef2F8_DRP0Eh$)